

# Institute for Early Learning



**Registration Begins  
May 9, 2012**

**Professional Development and Training in Early Care and Education**





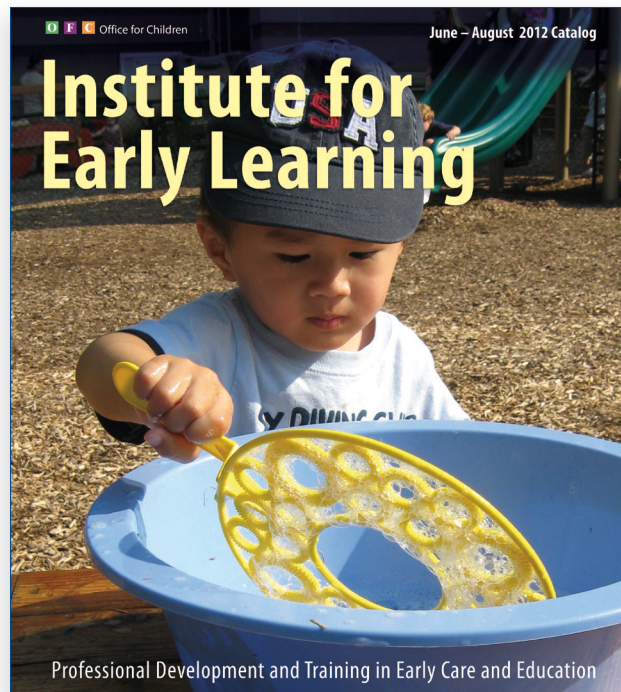
Department of Family Services • Office for Children

12011 Government Center Parkway, Suite 920

Fairfax, Virginia 22035-1102

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[www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc)



*The Institute for Early Learning  
facilitates the professional development of  
individuals working with young children  
through responsive, educational training  
opportunities related to early care and learning.*



Fairfax County is committed to providing equal access to all its citizens and activities. In compliance with applicable law, reasonable accommodations will be provided upon request. Call 703-324-3044 or TTY 711.



A Fairfax County, VA  
Publication

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# Introduction

Thank you for your interest in professional development classes offered by the Office for Children's Institute for Early Learning. We look forward to providing responsive, educational training opportunities as we help you create learning experiences for children of all ages.

## Competencies for Child Care Professionals

Virginia child care experts have identified eight skill areas that are important for early childhood professionals to master. You can increase your ability to provide quality learning experiences for young children by taking courses in all of these areas. The next page shows how each of our courses relates to these eight competency areas.

- Area I: Health, Safety and Nutrition
- Area II: Child Growth and Development
- Area III: Child Observation and Assessment
- Area IV: Partnering With Families and Community
- Area V: The Learning Environment
- Area VI: Effective Interactions and Positive Guidance
- Area VII: Program Management
- Area VIII: Teacher Qualification/Professional Development

## Course Level

Our courses are labeled basic, intermediate, advanced or all levels. You can take courses at any level, however, it helps to start with basic courses if you are new to the profession.

- **Basic:** Classes for those who are new to child care or who want to build a strong foundation in early childhood education.
- **Intermediate:** For those with some experience in child care who desire a greater understanding of young children or seek new ideas for their programs.
- **Advanced:** For those who have worked with children for many years and want to increase their knowledge of early care and learning.
- **All Levels:** Classes that provide valuable information for all learners.

## School Readiness Certificate

The School Readiness Certificate program is a series of four courses (45 hours) that helps you prepare children to enter kindergarten ready to succeed. Once you have successfully completed the four courses, you may be eligible for credit through Northern Virginia Community College.

## Early Learning Guidelines

Fairfax County's "Early Learning Guidelines" are used to explore how children develop in eight key areas and how you can support children's growth in each domain. The "Early Learning Guidelines" will help you plan learning experiences for the children in your care. View the "Early Learning Guidelines" at: [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc).

### Early Learning Guidelines – Domains

- SE – Social and Emotional Development
- AL – Approaches to Learning
- LA – Language
- LIT – Literacy
- MA – Mathematics
- SCI – Science
- CA – Creative Arts
- HP – Health and Physical Development

## The Business of Family Child Care

If you are a family child care provider, the workshops on page 15 can help you successfully care for children in your home. **If you would like to become a family child care provider, please call 703-324-8100.**

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**Training hours are creditable toward initial CDA requirements.**

# Course List by Virginia Competency Areas

## Area I: Health, Safety and Nutrition

- Family Child Care Business Workshops

## Area II: Child Growth and Development

- Developmental Red Flags
- Infants and Toddlers: Social-Emotional Growth and Socialization
- Rethinking the Brain
- Rethinking the Brain, Part II
- Supporting Early Moral Development
- The Early Years

## Area III: Child Observation and Assessment

Look for classes in the fall catalog

## Area IV: Partnering With Families and Community

Look for classes in the fall catalog

## Area V: The Learning Environment

- Art and Imagination for Older Preschoolers and School-Age Children
- Art for Preschoolers
- Dramatic Play
- Environmental Print
- Kitchen Science for Preschoolers
- Movement Activities for Preschoolers
- Sensory Awareness and Sensory Tables
- A Visit to the Nature Playce

## Area VI: Effective Interactions and Positive Guidance

- Recognizing and Managing Stress in Young Children
- Superhero Play: Ban It, Ignore It or Join It?

## Area VII: Program Management

- Introduction to the Child Development Associate Credential
- Family Child Care Business Workshops

## Area VIII: Teacher Qualification/Professional Development

Look for classes in the fall catalog

## Curso en Español

- Arte para bebés y niños pequeños

## Family Child Care Business Workshops

- Growing Your Child Care Business
- Growing Your Child Care Business: The Next Step
- Reading Food Labels
- USDA Child and Adult Care Food Program Orientation

## School Readiness Certificate Courses

- Introduction to the "Early Learning Guidelines"



## General Information

### To Enroll

Enrollment is available to professionals working in a legally operating child care center, preschool, or family child care home in Fairfax County, and to early childhood professionals living in Fairfax County.

- If you are a family child care provider, you may enroll in **two** Institute courses or workshops (see pages 6-11) **and two** family child care business workshops (see page 15).
- If you work in a center or preschool, you may enroll in **two** Institute courses (see pages 6-11). A limit of **five** staff from the same center or preschool may enroll in the same course or workshop.
- You must be **enrolled** in a course or workshop to attend. On-site enrollment is not available. If you are not enrolled or are on a waiting list, you will be unable to participate.

### To Cancel

If you are unable to attend a course or workshop, please cancel your enrollment at least 24 hours in advance. Call the training line: **703-324-3044** or email [dfsifel@fairfaxcounty.gov](mailto:dfsifel@fairfaxcounty.gov).

### Inclement Weather Policy

If you have a question about a weather-related cancellation, you may call the training line at 703-324-3044. You will hear an announcement if training has been cancelled.

**If Fairfax County Government is closed or closes early, training classes are cancelled.**

**If Fairfax County Public Schools:**

- Are closed: there will be no training that day or that evening.
- Open late: there will be no morning training, but afternoon and evening training will continue as scheduled.
- Close early: there will be no afternoon or evening training.
- Cancel evening activities: there will be no evening training.
- Are closed on Friday: please call the training line at 703-324-3044 to find out if your Saturday training has been cancelled. You will hear an announcement if training has been cancelled.

### Additional Information

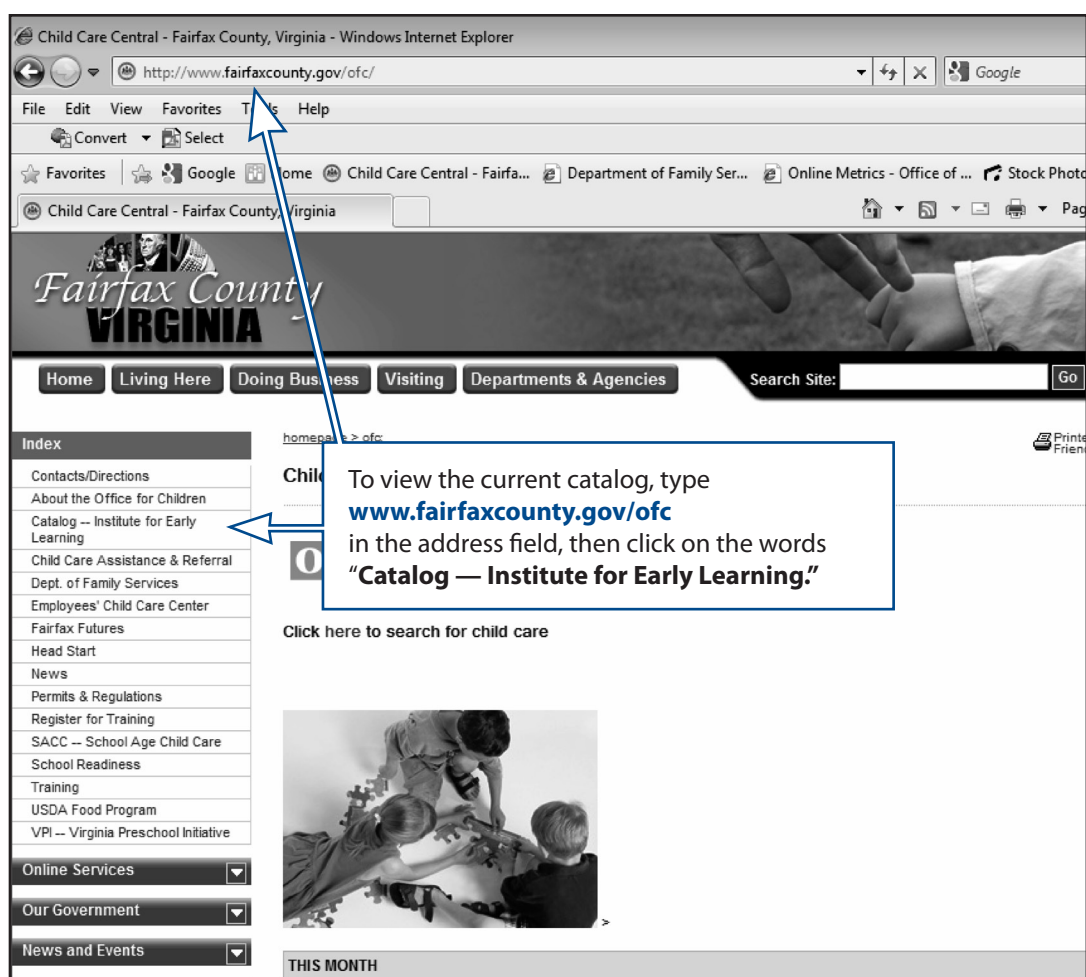
To receive a **certificate of completion for a workshop**, you must attend the entire workshop.

- To receive a **certificate of completion for courses** with multiple sessions, you must attend all course sessions.
- To receive a **letter of participation** for courses with multiple sessions, you must attend more than half the course sessions.
- Training is offered at different locations throughout Fairfax County. Please be sure to check the dates, times and locations of courses before completing the registration form.
- **Training is for adults only; we cannot accommodate children in any of the courses or workshops.**

## VIEW THE CATALOG ONLINE

For more information about child care training or to read this catalog online, visit the Fairfax County Office for Children website at [www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc).

## Now You Can View the Catalog Online Before Registration Begins!



You can view the catalog online by the first week of December, May and August.

**Registration for Summer classes begins Wednesday, May 9, 2012.**



# Course List by Date

## Movement Activities for Preschoolers

Course: 6 hours

Course Level: All Levels

Encourage children to be more active through games and movement activities. Come ready to move around the room and on the floor as you learn new activities to use with the children in your care. Dress comfortably.

**Mondays, June 4, 11, 18**  
**7 – 9 p.m.**

**Course #: 1324-01**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Bronwyn Dean  
CDA Content Area: 2

## NEW! Environmental Print

Course: 4 hours

Course Level: All Levels

Store signs, food packaging and road signs are natural sources of reading material for children. Explore opportunities for creating environments in child care settings that promote children's language and literacy skills.

**Tuesday, June 5; Thursday, June 7**  
**1 – 3 p.m.**

**Course #: 1442-01**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Marshann Snyder  
CDA Content Area: 2

## NEW! Art and Imagination for Older Preschoolers and School-Age Children

Workshop: 2 hours

Course Level: All Levels

Art is a creative process and encourages children to use their imaginations. Use your imagination as you explore various types of art materials and open-ended activities for older preschool and school-age children.

**Wednesday, June 6**  
**7 – 9 p.m.**

**Course #: 1440-01**

Eagle View Elementary School  
SACC Room  
4500 Dixie Hill Road, Fairfax 22030  
Presenter: Hemlata Bargoti  
CDA Content Area: 2

## Introduction to the Child Development Associate Credential

Course: 4 hours

Course Level: Intermediate

The Council for Early Childhood Professional Recognition awards the CDA to child care professionals who meet training and experience requirements. Learn strategies for successfully earning this credential which helps show parents your commitment to quality care.

**Thursdays, June 7, 14**  
**7 – 9 p.m.**

**Course #: 1060-01**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher  
CDA Content Area: 6

## Supporting Early Moral Development

Course: 4 hours

Course Level: Intermediate

Learn strategies that you can use and share with parents to nurture children's developing moral framework.

**Thursdays, June 7, 14**  
**7 – 9 p.m.**

**Course #: 1387-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean  
CDA Content Area: 3

## June Classes





## The Early Years

Course: 12 hours

Course Level: All Levels

Focus on how to best support children in their development from birth to age 8 by providing appropriate experiences, a nurturing environment, and engaging materials. Learn how to respond effectively to children based on individual needs and temperamental traits.

**Tuesdays and Thursdays,  
June 14, 19, 21, 26, 28; July 5  
7 – 9 p.m.**

**Course #: 1129-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Marshann Snyder  
CDA Content Area: 8

## A Visit to the Nature Playce

Workshop: 3 hours

Course Level: All Levels

Outdoor play stimulates children's mental and physical well-being while creating an appreciation for nature. Visit the Fairfax County Park Authority's Nature Playce – a wooded play area where you can take children to enjoy meaningful interactions with nature. Experience learning stations featuring live animals, creative activities and more.

**Saturday, June 16  
9:30 a.m. – 12:30 p.m.**

**Course #: 1391-01**

Hidden Oaks Nature Center  
7701 Royce Street, Annandale, 22003  
Presenter: Suzanne Holland  
CDA Content Areas: 2, 3

## Rethinking the Brain

Course: 6 hours

Course Level: Intermediate

Examine the latest research on brain development with a focus on emotional development, gender differences, the mind-body connection, effects of food on the brain and the implications for our day-to-day work with children.

**Tuesdays, June 19, 26; July 3  
10 a.m. – noon**

**Course #: 1111-01**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher  
CDA Content Area: 2

## Developmental Red Flags

Course: 8 hours

Course Level: All Levels

Examine the typical developmental milestones of children ages 2 to 5 in the areas of language, fine motor, gross motor and social-emotional development. Learn to identify "red flags" and practice documenting observations. Discuss how to talk to parents about concerns and explore the role of resource agencies such as Child Find.

**Tuesdays and Thursdays,  
June 19, 21, 26, 28  
7 – 9 p.m.**

**Course #: 1202-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Colleen Small  
CDA Content Area: 8

## Movement Activities for Preschoolers

Course: 6 hours

Course Level: All Levels

Encourage children to be more active through games and movement activities. Come ready to move around the room and on the floor as you learn new activities to use with the children in your care. Dress comfortably.

**Thursdays, June 21; July 5, 12  
1 – 3 p.m.**

**Course #: 1324-02**

Resource Center at Main Street, Room 202  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean  
CDA Content Area: 2

June  
Classes



## Course List by Date

### Rethinking the Brain

Course: 6 hours

Course Level: Intermediate

Examine the latest research on brain development with a focus on emotional development, gender differences, the mind-body connection, effects of food on the brain and the implications for our day-to-day work with children.

**Thursdays, June 21; July 5, July 19  
7 – 9 p.m.**

**Course #: 1111-02**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher  
CDA Content Area: 2

### Sensory Awareness and Sensory Tables

Workshop: 3 hours

Course Level: All Levels

Explore various sensory awareness activities you can provide for children throughout the year, using materials you probably already have in your program. Be prepared to work with messy materials.

**Saturday, June 23  
9:30 a.m. – 12:30 p.m.**

**Course #: 1328-01**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean  
CDA Content Area: 2

### Introduction to the Child Development Associate Credential

Course: 4 hours

Course Level: All Levels

The Council for Early Childhood Professional Recognition awards the CDA to child care professionals who meet training and experience requirements. Learn strategies for successfully earning this credential which helps show parents your commitment to quality care.

**Mondays, June 25; July 2  
7 – 9 p.m.**

**Course #: 1060-02**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher  
CDA Content Area: 6

### Introduction to the “Early Learning Guidelines”

Workshop: 3 hours

Course Level: Intermediate

Examine the rationale, structure and content of the Fairfax County Office for Children “Early Learning Guidelines.” We will explore the guidelines as a useful tool for observation, assessment, planning and communicating with parents in your child care program. You will receive a copy of the “Early Learning Guidelines.”

**Saturday, June 30  
9:30 a.m. – 12:30 p.m.**

**Course #: 1249-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher  
CDA Content Areas: 2, 7

## June Classes

## **NEW! Superhero Play: Ban It, Ignore It or Join It?**

Course: 4 hours

Course Level: Intermediate

Many children enjoy pretending to be Superhero characters but child care professionals often wonder if it is okay to allow this type of play. Explore the developmental framework for understanding Superhero play and discuss when Superhero play can be appropriate. Learn ways to offer support to children as they explore characteristics of various Superheroes.

**Mondays, July 9, 16**

**Course #: 1441-01**

**7 – 9 p.m.**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Bronwyn Dean

CDA Content Areas: 2, 3

## **Introduction to the “Early Learning Guidelines”**

Workshop: 3 hours

Course Level: All Levels

Examine the rationale, structure and content of the Fairfax County Office for Children “Early Learning Guidelines.” We will explore the guidelines as a useful tool for observation, assessment, planning and communicating with parents in your child care program. You will receive a copy of the “Early Learning Guidelines.”

**Saturday, July 21**

**Course #: 1249-02**

**9:30 a.m. – 12:30 p.m.**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher  
CDA Content Areas: 2, 7

## **Infants and Toddlers: Social-Emotional Growth and Socialization**

Course: 8 hours

Course Level: All Levels

Healthy social-emotional development in infancy is the foundation for all other learning. Deepen your understanding of how young children grow emotionally and what you can do to support that growth.

**Tuesdays and Thursdays,**

**Course #: 1332-01**

**July 10, 12, 17, 19**

**1 – 3 p.m.**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Marshann Snyder

CDA Content Areas: 2, 3

## **Kitchen Science for Preschoolers**

Course: 4 hours

Course Level: All Levels

The kitchen is a great place for science activities. Explore exciting science discoveries using common cooking ingredients. Learn how to incorporate science into everyday learning.

**Thursdays, July 19, 26**

**Course #: 1379-01**

**1 – 3 p.m.**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean

CDA Content Area: 2

**July  
Classes**





## Course List by Date

### Art for Preschoolers

Course: 8 hours

Course Level: All Levels

Learn how to create a supportive atmosphere for young children to experience art. Identify and use strategies that encourage children to think about their art. Be prepared to work with messy materials.

**Mondays, July 23, 30; August 6, 13**  
**7 – 9 p.m.**

**Course #: 1256-01**

Resource Center at Main Street, Room 208  
10201 Main Street, Fairfax, 22030  
Presenter: Bronwyn Dean  
CDA Content Area: 2

### Rethinking the Brain, Part II

Course: 6 hours

Course Level: Intermediate

Based on John Medina's new book Brain Rules for Baby, learn the "brain rules" for helping children ages birth to five develop into smart, competent, and moral children. Discuss the role of relationships, play, and guidance in young children's brain development. **You must have taken Rethinking the Brain to be eligible for this class.**

**Mondays, July 23, 30; August 6**  
**10 a.m. – noon**

**Course #: 1428-01**

Resource Center at Main Street, Room 213  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher  
CDA Content Area: 2

### Dramatic Play

Workshop: 3 hours

Course Level: All Levels

Young children enjoy dramatic play. Learn about the various stages of imaginative play and how adults can support children during each stage of development. Be ready to explore dramatic play prop boxes!

**Saturday, July 28**  
**9:30 a.m. – 12:30 p.m.**

**Course #: 1264-01**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Bronwyn Dean  
CDA Content Areas: 2, 3

### Rethinking the Brain, Part II

Course: 6 hours

Course Level: Intermediate

Based on John Medina's new book Brain Rules for Baby, learn the "brain rules" for helping children ages birth to five develop into smart, competent, and moral children. Discuss the role of relationships, play and guidance in young children's brain development. **You must have taken Rethinking the Brain to be eligible for this class.**

**Thursdays, August 2, 9, 16**  
**7 – 9 p.m.**

**Course #: 1428-02**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Maria Gallagher  
CDA Content Area: 2

July  
Classes



## A Visit to the Nature Playce

Workshop: 3 hours

Course Level: All Levels

Outdoor play stimulates children's mental and physical well-being while creating an appreciation for nature. Visit the Fairfax County Park Authority's Nature Playce – a wooded play area where you can take children to enjoy meaningful interactions with nature. Experience learning stations featuring live animals, creative activities and more.

**Saturday, August 4**

**Course #: 1391-02**

**9:30 a.m. – 12:30 p.m.**

Hidden Oaks Nature Center  
7701 Royce Street, Annandale, 22003  
Presenter: Suzanne Holland  
CDA Content Areas: 2, 3

## The Early Years

Course: 12 hours

Course Level: All Levels

Focus on how to best support children in their development from birth to age 8 by providing appropriate experiences, a nurturing environment and engaging materials. Learn how to respond effectively to children based on individual needs and temperamental traits.

**Tuesdays and Thursdays,  
August 7, 9, 14, 16, 21, 23  
1 – 3 p.m.**

**Course #: 1129-02**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Marshann Snyder  
CDA Content Area: 8

## NEW! Superhero Play: Ban It, Ignore It or Join It?

Course: 4 hours

Course Level: Intermediate

Many children enjoy pretending to be Superhero characters but child care professionals often wonder if it is okay to allow this type of play. Explore the developmental framework for understanding Superhero play and discuss when Superhero play can be appropriate. Learn ways to offer support to children as they explore characteristics of various Superheroes.

**Thursdays, August 9, 16  
1 – 3 p.m.**

**Course #: 1441-02**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Bronwyn Dean  
CDA Content Areas: 2, 3

## NEW!

## Recognizing and Managing Stress in Young Children

Course: 4 hours

Course Level: All Levels

Stress is an unavoidable part of life, even for very young children. Learn the major causes and signs of stress in young children, the factors that impact how children react to stress and strategies for helping children develop effective coping skills.

**Mondays, August 13, 20**

**Course #: 1443-01**

**7 – 9 p.m.**

Resource Center at Main Street, Room 211  
10201 Main Street, Fairfax 22030  
Presenter: Maria Gallagher  
CDA Content Areas: 2, 3

## Supporting Early Moral Development

Course: 4 hours

Course Level: Intermediate

Learn strategies that you can use and share with parents to nurture children's developing moral framework.

**Mondays, August 13, 20**

**Course #: 1387-02**

**7 – 9 p.m.**

Gum Springs Glen, Training Room  
7839 Richmond Highway, Alexandria 22306  
Presenter: Bronwyn Dean  
CDA Content Area: 3

## Curso en Español

### Arte para bebés y niños pequeños

Taller: 3 horas

Nivel del Curso: Todos los Niveles

Aprenda como los niños pequeños se expresan en diversas maneras mediante el arte, y como las actividades artísticas benefician el desarrollo cerebral a la edad temprana. Cuando experimentamos con el arte desde la perspectiva de los bebés y los niños pequeños, aprendemos como crear un ambiente que promueva la expresión creativa. Venga preparada a divertirse ensuciando sus manos creando obras artísticas.

**Sábado, 18 de agosto**

**Curso #: 1237-11**

**9:30 a.m. – 12:30 p.m.**

Resource Center at Main Street, Sala 208  
10201 Main Street, Fairfax 22030  
Presentadoras: Bronwyn Dean  
Área Temática de CDA: 2

August  
Classes



# Preparing Children To Succeed in School

## **Enroll in the School Readiness Certificate program this fall!**

The 45-hour program will prepare you with the knowledge and skills needed to help children enter kindergarten ready to succeed.

Look for the first two courses in the fall training catalog. The last two courses will be offered next spring. To receive a School Readiness Certificate, you will be required to attend all sessions of all four courses.

### **Course One:** Understanding the Role of the “Early Learning Guidelines” in Assuring School Readiness

- Using the Early Learning Guidelines, explore the eight areas of childhood development, which include math, science, literacy and the creative arts.
- Learn how to identify young children’s skills in each of the eight developmental areas, and plan appropriate learning experiences for each child.

### **Course Two:** Planning Early Learning Environments and Daily Routines

- Examine the importance of routines in child care programs.
- Learn how to create a daily routine chart for children and families that shows the schedule of activities such as story time, snacks, time outside, meals, and small-group play.
- Tour a kindergarten class in an elementary school.
- Discuss quality early learning environments with kindergarten teachers.

### **Course Three:** Exploring Curriculum and Building Quality Portfolios

- Document your observations and assessment of a child’s development and learning.
- Plan learning experiences for the child based on his or her strengths, interests and needs.

### **Course Four:** Helping Children and Families Make Terrific Transitions

- Learn about resources that support children who have special needs or developmental delays.
- Develop a personal action plan and timeline for successful transitions of children and their families to kindergarten.

Please call 703-324-3044 if you have questions about enrolling in the School Readiness Certificate program. Participants who complete all four courses may be eligible to receive college credits from the Northern Virginia Community College.



# HEALTH RESOURCES FOR CHILD CARE PROVIDERS

The county provides this list as a sample of companies that provide pediatric (infant and child) CPR and first aid. It is not a complete list, and is not offered by the county as a recommendation or endorsement. You are encouraged to do your own research in selecting a company for these services.

**Kennya Alvarado-Hernandez**  
(English and Spanish)  
alvaradokennya@gmail.com  
571-991-2762

**American Health Services**  
www.americanhealthserve.com  
703-619-1034

**American Lifeguard Association**  
www.americanlifeguard.com  
703-761-6750

**American Red Cross** (English and Spanish)  
www.redcross.org  
703-584-8700

**Berea Health Services** (English and Spanish)  
www.bereahealthservicescpr.webs.com  
703-585-2593

**Capital Emergency Response Training**  
www.gogetcertified.com  
703-987-9565

**CISNE Services** (English and Spanish)  
www.cprcp.com  
703-574-3726

**CPR-N-U**  
classes@CPR-N-U.com  
202-679-5880

**Adult & Community Education**  
Fairfax County Public Schools  
www.fcps.edu/aceclasses  
703-658-1225

**Global Food Safety Training**  
gfstinc@gmail.com  
703-888-3406

**GotCPR**  
www.gotcpr.net  
571-218-0871

**Heart Starts, LLC**  
www.heartstarts.com  
703-261-7098

**Inova**  
www.inova.com  
703-750-8800

**KnowCPR, LLC**  
703-528-7045  
www.knowcpr.com

**Safety First CPR & First Aid**  
(English and Spanish)  
www.safety1stcpr.com  
703-209-2216

**Sandhya Parihar**  
(English, Hindi and Urdu)  
sandhya\_parihar29@yahoo.com  
301-919-2685

Health  
Resources



The county welcomes your feedback on any of the companies listed above.

**Note:** When contacting these companies, confirm that you will be issued a CPR/first aid card. Online or video first aid and/or CPR training will not be accepted for permit certification.

## Health Department telephone numbers to call for TB Tests\*:

**Herndon**  
703-481-4242

**Mt. Vernon**  
703-704-5203

**Falls Church**  
703-534-8343

**Springfield**  
703-569-1031

**Fairfax**  
703-246-7100

\*You can also call your own doctor for a TB test.

## Medication Administration Training

The county provides this list as a sample of companies that provide PMAT or MAT training. It is not a complete list, and is not offered by the county as a recommendation or endorsement. You are encouraged to do your own research in selecting a company for these services. You can find additional vendors and scheduled trainings offered on TIPS calendar at: <https://www.dss.virginia.gov/family>.

**Christine Carlock, RN**  
ccargo@verizon.net  
www.MATplusmore.com  
703-402-5011

**Grace Cole-Alston, RN**  
NOVAMATTrainer@aol.com  
703-757-0123  
703-969-1277

**Marilyn Trapeni**  
mhtrapeni@aol.com  
703-901-7310

**Kevin Coombs**  
American Health Services  
Kevin.americanhealthserve@gmail.com  
www.americanhealthserve.com  
703-619-1034

**Dianne Dean**  
Heart Starts, LLC  
www.heartstarts.com  
training@HeartStarts.com  
703-261-7098

**B. J. Fischer**  
American Lifeguard Association  
703-761-6750  
www.americanlifeguard.com  
alalifeguard@aol.com

**Regina Watson, RN**  
daybreakhealth@comcast.net  
703-470-9135

# Serve Nutritious Meals and Earn Cash For Your Child Care Program

By participating in the USDA Child and Adult Care Food Program, you can be reimbursed for some of the cost of providing healthy meals and snacks to the children in your care.

In addition to cash reimbursements, you will also receive:

- Priority registration for special workshops for USDA Child and Adult Care Food Program participants;
- Help in communicating with parents about food-related issues;
- Assistance in planning well-balanced meals and snacks;
- Consultation with nutrition specialists.

Consider how much you can receive from the USDA Child and Adult Care Food Program:

USDA Child and Adult Care Food Program

## Money You Could Claim Monthly

Number of Children in Care	Tier One*	Tier Two*
5	\$446.25	\$214.20
3	\$267.75	\$128.52
1	\$89.25	\$42.84

## Money You Could Claim Yearly

Number of Children in Care	Tier One*	Tier Two*
5	\$5,355.00	\$2,570.40
3	\$3,213.00	\$1,542.24
1	\$1,071.00	\$514.08

\*For information about eligibility requirements for each tier, call 703-324-8100.

As soon as you have a family child care permit or license and children in care, please call **703-324-8100** to register for a USDA Child and Adult Care Food Program orientation class or to schedule an in-home USDA Child and Adult Care Food Program orientation.



**Note:** The following workshops are designed specifically for family child care providers.

## USDA Child and Adult Care Food Program Orientation

Workshop: 2 hours      Course Level: Providers not currently enrolled in the USDA Food Program

Discover how the USDA Food Program will benefit your family child care business. Learn about the resources you receive when you participate in the Food Program. Learn how to join the Food Program and the easy way to submit your monthly claims for reimbursement. Please note: After you join the Food Program, your child care specialist will visit you in your home and will provide you with a certificate for two hours of training credit.

**Tuesday, June 5**      **Course #: 1814-01**  
**7 – 9 p.m.**

Pennino Building, Room 1034  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Provider Services Staff  
CDA Content Area: 5

**Tuesday, July 3**      **Course #: 1814-02**  
**7 – 9 p.m.**

Richard Byrd Library  
7250 Commerce Street, Springfield 22150  
Presenter: Provider Services Staff  
CDA Content Area: 5

**Tuesday, August 7**      **Course #: 1814-03**  
**7 – 9 p.m.**

Pennino Building, Room 1034  
12011 Government Center Parkway, Fairfax 22035  
Presenter: Provider Services Staff  
CDA Content Area: 5

## Growing Your Child Care Business: The Next Step

Workshop: 3 hours      Course Level: All Levels

Learn winning ways to grow your family child care business, including low-cost marketing, interviewing skills and business planning. Discover proven ideas that can take your business to the next level.

**Saturday, June 9**      **Course #: 1806-01**  
**9 a.m. – noon**

Community Business Partnership Building, Suite C  
7001 Loisdale Road, Springfield 22150  
Presenter: Sonja Caison  
CDA Content Area: 5

## NEW! Reading Food Labels

Workshop: 3 hours      Course Level: All Levels

Learn how to read a food label to help you select foods that are healthier for you and children. Food label information provides nutritional facts like the amount of saturated fat, cholesterol, dietary fiber and other nutrients per serving that are major health concerns. Understanding the food label will help you compare similar foods to select the one with the best nutritional content.

**Saturday, July 28**      **Course #: 1840-01**  
**9:30 a.m. – 12:30 p.m.**

South County Center, Room 221  
8350 Richmond Highway, Alexandria 22309  
Presenters: Kamini Jassal and Abeba Tzeggai  
CDA Content Area: 1

## Growing Your Child Care Business

Workshop: 2 hours      Course Level: All Levels

Learn ways to run a successful family child care business, including effective marketing and record management. This information will be especially helpful for family child care providers who have been in business less than one year.

**Thursday, August 16**      **Course #: 1805-01**  
**7 – 9 p.m.**

Community Business Partnership Building, Suite C  
7001 Loisdale Road, Springfield 22150  
Presenter: Sonja Caison  
CDA Content Area: 5



# HOW TO REGISTER ONLINE

Registration Begins Wednesday, May 9, 2012

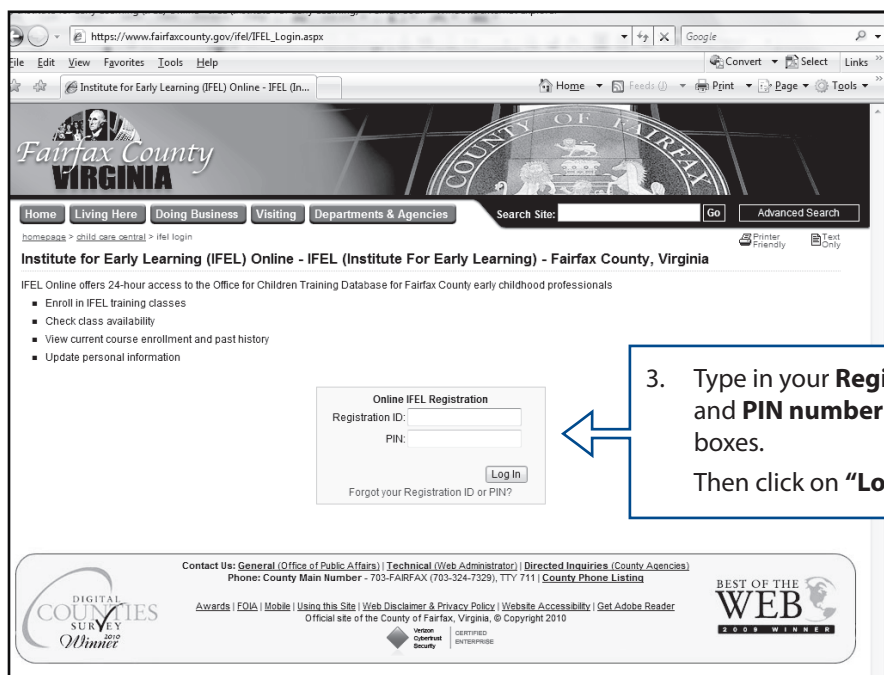
The screenshot shows the website <http://www.fairfaxcounty.gov/ofc/> in a Windows Internet Explorer browser. The page features a header with the Fairfax County Virginia logo and a navigation bar with links: Home, Living Here, Doing Business, Visiting, and Departments & Agencies. A search bar is located on the right. On the left, there is an 'Index' column with various links. A blue callout box with two numbered instructions is overlaid on the page. The first instruction points to the address bar, and the second points to the 'Register for Training' link in the Index column. Below the Index, there are sections for 'Online Services', 'Our Government', 'News and Events', 'Maps, Facts & Stats', and 'State & Federal'. At the bottom, there is a 'THIS MONTH' section with a list of recent news items.

1. Type in the Web address: [www.fairfaxcounty.gov/ofc/](http://www.fairfaxcounty.gov/ofc/)

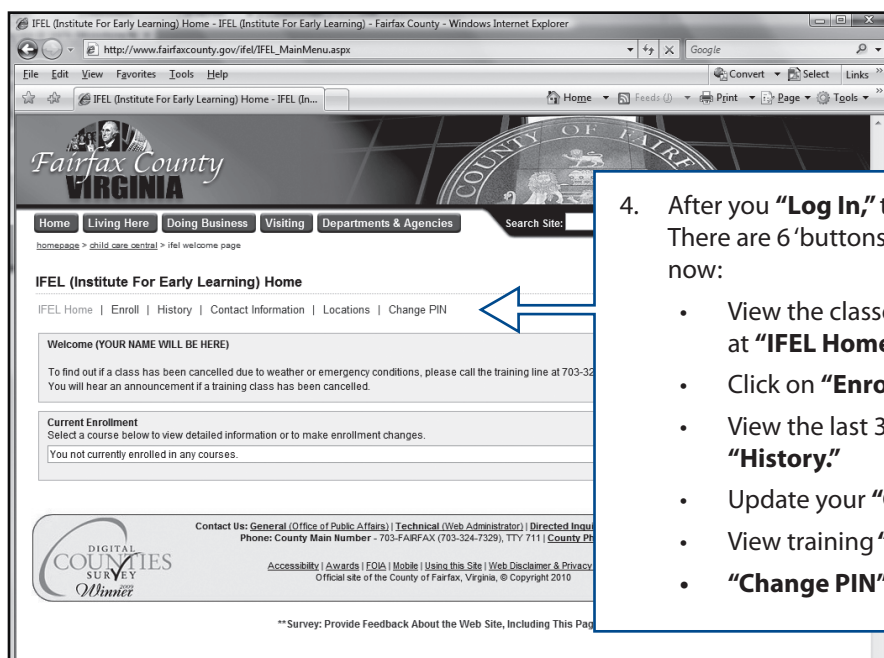
2. Click on the words **"Register for Training"** in the left-hand column.

**THIS MONTH**

- SACC partners with the Peace Corps.
- Find out how to become a family child care provider.
- Everyday activities you can do to **help your infant, toddler or preschooler** love to learn.
- Office for Children Director honored by the Northern Virginia Association for the Education of Young Children.
- Find news and photos on Facebook!
- Office for Children partners with Fairfax Futures to support **school readiness**.



3. Type in your **Registration ID number** and **PIN number** in the appropriate boxes.  
Then click on **"Log In."**



4. After you **"Log In,"** this Web page will appear. There are 6 'buttons' you can click on. You can now:
  - View the classes for which you are enrolled at **"IFEL Home."**
  - Click on **"Enroll"** to view classes and enroll.
  - View the last 3 years of your training **"History."**
  - Update your **"Contact Information."**
  - View training **"Locations"** with directions.
  - **"Change PIN"** number.

If you cannot remember your numbers, click on **"Forgot your registration information?"** and enter the email address you have on file with the Institute for Early Learning. Your ID and PIN will be sent to you via email. If you do not have an ID or PIN, please call **703-324-3044**.

## Register by Mail, Fax, in Person or Phone

### How to REGISTER BY MAIL, FAX OR IN PERSON

Registration Begins Wednesday, May 9, 2012

Registration forms will be processed beginning May 9, 2012.  
Forms received prior to that date cannot be processed.

**Registration  
Begins Wednesday,  
May 9, 2012**

### Mail or Fax

Fill out and mail or fax the registration form on page 19 to:

**Office for Children - Institute for Early Learning**

12011 Government Center Parkway, Suite 920

Fairfax, VA 22035

Fax number: 703-803-0116

Confirmation letters will be emailed to participants who have an email address on file with the Institute for Early Learning. Confirmation letters will be mailed to participants who do not have email. If you haven't received confirmation of your course or workshop, please call **703-324-3044** or email us at: [dfsifel@fairfaxcounty.gov](mailto:dfsifel@fairfaxcounty.gov).

### In Person

Drop off in person on or after Wednesday, May 9, 2012. Bring a copy of your completed registration form to our office:

**Pennino Building, Suite 920**

12011 Government Center Parkway

Fairfax, VA 22035

Office hours are Monday – Friday, 8 a.m. – 4:30 p.m.

### Phone

Please call **703-324-4018** if you would like to use our automated registration system. It uses a recorded voice to guide you through the registration process (staff are not available to register you by phone).

- Before you call, make a list of the course numbers of the classes you want to attend.
- Have your personal registration ID number and PIN number available. Please call 703-324-3044 if you do not know your personal registration ID number or your PIN number.
- Call **703-324-4018** and listen to the instructions carefully.
- Press 2 and follow the instructions to enroll in training. Write down your classes and enrollment status before you hang up.

**PLEASE NOTE:** If we have your email address, you will receive an email stating that you are enrolled in the class you selected, or that you are on the waitlist. You will not receive a confirmation letter by mail. However, you can always call the automated phone system again to hear your enrollment or waitlist status.



# June - August 2012 Registration Request Form

## Registration Request Form

Registration Begins Wednesday, May 9, 2012.

Registration forms will be processed beginning May 9, 2012.  
Forms received prior to that date cannot be processed.

- To enroll, you must be working in a legally operating child care center, preschool or family child care home in Fairfax County, or be an early childhood professional living in Fairfax County.
- This registration form must be filled out completely in order for your registration to be processed.
- Please include your Registration ID#. For more registration information, see pages 16-18. If you do not have a registration ID#, please call **703-324-3044** for more information.

**Please clearly print your full name and current home address.**

☐ Check if name, address or phone number are new. Registration ID \_\_\_\_\_

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

Email \_\_\_\_\_ **Confirmation letters are now sent to your email address.**

### Check one

- ☐ Center Director/Administrator  
Name of Center or School \_\_\_\_\_
- ☐ Child Care Center/ Preschool Staff  
Name of Center or School \_\_\_\_\_
- ☐ Family Child Care Provider
- ☐ Other \_\_\_\_\_

### Courses

- You may register for two IFEL courses/workshops. If you list more than two choices, please list them in order of your preference as you will only be considered for two courses/workshops.
- If you are a family child care provider, you may also register for two Family Child Care Business Workshops (page 15).

Course #	Course Title	Start Date	Course Hours	For OFC Use Only	
		/ /		Enrolled	Waitlist
		/ /			
		/ /			
		/ /			
		/ /			

**Please mail, fax or deliver this registration form to:**

Office for Children, 12011 Government Center Parkway, Pennino Building, Suite 920, Fairfax, VA 22035

**Fax:** 703-803-0116 or 703-653-1348

**Telephone:** 703-324-3044 (for information only, **not** for registration)

**Email:** [dfsifel@fairfaxcounty.gov](mailto:dfsifel@fairfaxcounty.gov)

# Directions

## Directions to Selected Training Sites

### Resource Center at Main Street

The Resource Center at Main Street is located at 10201 Main Street, Fairfax, 22030 in the same building as World Gym, next to the Fairfax Museum and Visitor's Center, and across the street from the Main Street Market Place shopping center.

From the Beltway (I-495), take Little River Turnpike (Route 236) west approximately four miles. Turn left onto Locust Street. Turn right into parking lot either in front of or behind building.

From Route 66, take Route 123 south toward Fairfax. Turn left onto North Street. Turn right onto Old Lee Highway. Turn left onto Main Street. Turn right onto Locust Street. Turn right into parking lot in front of or behind building.

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

### Gum Springs Glen

Gum Springs Glen is located at 7839 Richmond Highway, Alexandria, 22306 across from Mount Vernon Crossroads Shopping Center and A.J. Wright.

This is a senior citizen apartment complex. Park in VISITOR SPACES ONLY.

From the beltway (I-495), exit 177A onto Richmond Highway (US 1) South. Turn left onto Belford Drive across from A.J. Wright. Make an immediate left and drive to the back of the building. **The entrance for the Office for Children training room is only accessible from the rear parking lot.**

From the Fairfax County Parkway and southern Fairfax County, drive north on Richmond Highway (US 1). Turn right onto Belford Drive across from A.J. Wright. Make an immediate left and drive to the back of the building. **The entrance for the Office for Children training room is only accessible from the rear parking lot.**

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

### South County Center

The South County Center is located at 8350 Richmond Highway, Alexandria, 22309 across from NAPA Auto Parts. The parking lot and main entrance to the South County Center are located behind the building.

From the Beltway (I-495), exit 177A onto Richmond Highway (US 1) South. Drive approximately five miles. Turn right at Mohawk Lane into the parking lot.

From Fairfax County Parkway (Route 7100), take the Rolling Road exit (becomes Pohick Rd). Drive 4 miles and turn left onto Richmond Highway (US 1). Drive 5.5 miles and turn left at Mohawk Lane into the parking lot.

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

### Pennino Building

The Pennino Building is located at 12011 Government Center Parkway, Fairfax, 22035, near Fair Oaks Mall and directly across from the Fairfax County Government Center.

From the beltway (I-495), take Route 66 West. Exit Route 66 onto Route 50 West. Exit Route 50 onto West Ox Road (Route 608) South. Turn left at traffic light onto Monument Drive (east). Turn right onto Government Center Parkway. Turn right onto Post Forest Road and then turn right into the parking lot for Pennino Building. Park in the visitor parking spaces.

From the Fairfax County Parkway Northbound (Route 7100N), turn right at light onto Fair Lakes Parkway (east). Turn right at light onto Monument Drive (east). Turn right onto Government Center Parkway. Turn right onto Post Forest Road and then turn right into parking lot for Pennino Building.

From the Fairfax County Parkway Southbound (Route 7100S), turn left at light onto Fair Lakes Parkway (east). Turn right at light onto Monument Drive (east). Turn right onto Government Center Parkway. Turn right onto Post Forest Road and then turn right into parking lot for Pennino Building.

For information on how to reach this location using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) 703-339-7200; TTY 703-339-1608 or [www.wmata.com](http://www.wmata.com) 202-637-7000; TTY 202-638-3780.

# Fairfax County Early Learning Guidelines

## **Social & Emotional Development**

Self-Concept  
Self-Control  
Cooperation  
Social Relations  
Knowledge of Families and Communities

## **Approaches to Learning**

Initiative and Curiosity  
Engagement and Persistence  
Reasoning and Problem Solving

## **Language**

Listening and Understanding  
Speaking and Communicating

## **Literacy**

Phonological Awareness  
Book Knowledge and Appreciation  
Print Awareness and Concepts  
Early Writing  
Alphabet Knowledge

## **Mathematics**

Number and Operations  
Geometry and Spatial Sense  
Patterns and Measurement

## **Science**

Scientific Skills and Methods  
Scientific Knowledge

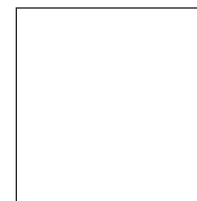
## **Creative Arts**

Music  
Art  
Movement  
Dramatic Play

## **Health and Physical Development**

Gross Motor Skills  
Fine Motor Skills  
Health Status and Practices

Office for Children  
Fairfax County Dept. of Family Services  
12011 Government Center Parkway, Suite 920  
Fairfax, Virginia 22035-1102



Postmaster:

**TIME SENSITIVE MATERIALS**

Please deliver by May 5, 2012.

